

Before and after your visit

Patient name: \_\_\_\_\_ DOB: \_\_\_\_\_ Today's date: \_\_\_\_\_

## Before treatment

- Confirm the exact testosterone product, formulation and route. Products have different precautions; bring the product-specific information supplied by your clinician.
- Report prostate or breast cancer, urinary problems, high blood pressure, blood clots, heart disease, sleep apnea, high red-cell counts and a desire for future fertility. Report pregnancy potential and ingredient or carrier-oil allergies.
- Attend required blood-pressure and laboratory checks. Tell us about all medicines, particularly diabetes medicines and blood thinners. Do not stop prescribed medicines yourself.

## At the office

- Receive only the prescribed dose and follow the observation time required for that product. Report sudden cough, chest pain, breathing trouble, dizziness or faintness immediately.

## After treatment

- Follow the general injection-care sheet. Report new swelling, worsening sleep symptoms, urinary difficulty, substantial mood changes or other new symptoms.
- Keep the monitoring schedule. Do not increase the dose, add outside testosterone or use another hormone product without the prescriber's review.

## When to seek help

- A painful or swollen leg needs prompt assessment. A prolonged or painful erection needs urgent care. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Patient initials: \_\_\_\_\_ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.